SBRC Gym Schedule
JANUARY

CITY OF BOULDER · PARKS & RECREATION

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-8:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-9:00		
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30			
7:00am							
7:30am		Complete Conditioning 7:30-8:30		Complete Conditioning 7:30-8:30			
8:00am						Open Gym	Drop-in Adult Basketball 8:00-11:00
8:30am						Drop-in Total Body Fit 8:30-9:30	
9:00am	Setup	Drop-in Total Body Fit 8:50-9:50		Drop-in Total Body Fit 8:50-9:50	Setup		
9:30am	Gym Jam 9:30-11:30		Gymnastics 9:30-11:45		Gym Jam 9:30-11:30	Drop-in Womens Volleyball 9:30-12:00	
10:00am		Open Gym 10:00-11:30		Open Gym 10:00-11:30			
10:30am							
11:00am							Open Gym 11:00-12:00
11:30am	Cleanup	Drop-in Adult Basketball 11:30-1:30	Open Gym	Drop-in Adult Basketball 11:30-1:30	Cleanup		
12:00pm	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00	Open Gym 12:00-5:00	Youth Volleyball 12:00-3:00
12:30pm							
1:00pm	Open Gym 1:00-4:00		Drop-in Adult Bball 1:00-2:30			All Ages Bball 1-3	Open Gym
1:30pm		Drop-in Pickleball 1:30-3:30		Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:30		
2:00pm							
2:30pm			Open Gym 1:00-3:00				
3:00pm						Gym Rental 3-4pm*	
3:30pm	All Ages BBall 3:30-5:00	Open Gym	Gymnastics 3:30-5:15		Drop-in Adult Bball 3:30-5:00	Open Gym 3:00-5:00	Open Gym 3:00-5:00
4:00pm	Yth Sprts 4-5	EXPAND 4:00-5:00 starts 1/19	Drop-in Adult Bball 3-5	Open Gym 3:30-6:00			
4:30pm							
5:00pm	Open Gym 5:00-6:00	Supertots Sampler starts 1/12			Open Gym 3:00-5:00	*1/9 Gym Rental from 2:30-4:30	
5:30pm			Drop-in MRT 5:30-6:15				
6:00pm	Women's Basketball 6:00-8:30 starts 1/11	League Basketball 6:00-10:00	League Basketball 6:30-10:00	Dodgeball 6:00-9:00	Drop-in Badminton 5:45-7:45		
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm	Open Gym 8:30-9:30						
9:00pm				Open Gym			
9:30pm							

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to Http://www.boulderparks-rec.org